

More Children's \$5 Suits at \$4.25.

For tomorrow you can take your choice of every Child's Short Pants Suit in the store, including sailor, vestie, middy and double-breasted box styles, for

\$4.25.

Cheviots, cassimeres, worsteds and tweeds. Neat checks, plaids and Scotch effects, and plain blue and black serges and worsteds. All sizes, 3 to 16 years. Long pants suits, good value, \$6.50, \$7.50 and up.

All-Wool Short Pants, 50c. quality, 38c. Boys' Hats, all styles - - - \$1.00. Boys' Caps, all shapes - - - 23c. & 48c. Boys' Strong School Shoes - - - \$1.00. 75c. Mothers' Friend Shirt Waists, 65c. Special lot Vestie Suits, 3 to 8 yrs, \$2.25.

Chery & Moran Co., Eight-Eleven Penna. Ave.

Lansburgh & Bro.

Boys' Clothing.

Parents will have good reason to congratulate themselves upon securing a suit for the boy at these remarkably low prices tomorrow:

Wash Suits.

A beautiful Navy and White Percal Suit at..... 33c. A stylish Navy Blue and White, Tan and White Percal Suit, satine collars and cuffs..... 47c. Imported Light Blue and White Galatea Cloth, with white trimmings..... 75c. Tan and Black Pin Stripe Galatea, linen trimmings..... 98c. 15 different styles of coloring in extra fine Imported Galatea and Cheviot Suits. \$2.00 value..... \$1.47

Wash Pants.

A variety of colors in Striped Percal..... 11c. pair A large assortment of Plain and Pin Striped Galatea Cloth, 15c. and 18c. pair Extra fine line of White Duck, Crash and Galatea Cloth Pants, 25c. pair

Woolen Blouse Suits.

A Black Cheviot Suit, red trimmed..... \$1.25 Suit A large line of All-wool Flannel Suits..... \$1.98 Suit 2 beautiful styles in 3-piece Vestie Suits, in navy blue and brown flannel, fancy trimmings..... \$1.49 Suit \$3.00 All-wool Gray Mixed Double-breasted Suit..... \$1.98 \$5.00 All-wool Navy Blue Serge Double-breasted Suit..... \$3.39 Boys' Fine Percal Shirt Waists, worth 80c. and 98c., slightly soiled. To close..... 35c., or 3 for \$1.00 Boys' Caps, new styles, at..... 10c., 12 1/2c. and 15c. Boys' Department, 3d floor. Take elevator.

Lansburgh & Brother, 420 to 426 7th Street.

Would You for 50c.?

The advertisement you have seen in all the street cars in Washington for the past two weeks reading simply "WOULD YOU FOR 50c.?" is the advance agent for

LAX-TONE,

EFFERVESCENT, LAXATIVE, THE GREATEST DYSPEPSIA CURE OF THE AGE.

Can Buy 10c. Bottles.

DIRECTIONS:—For a Headache:—One teaspoonful in half glass of water (not too cold), and repeat in half hour if necessary. For a Laxative:—Two teaspoonfuls before breakfast. For a Purgative:—Two teaspoonfuls and repeat the dose in half hour. For that stuffy, purring feeling or shortness of breath, when you imagine you have "heart disease," take LAX-TONE. If you are bilious or have a Sour Stomach, take LAX-TONE. LAX-TONE neutralizes the acid and will cure any trouble arising from a disordered stomach. IT IS PERFECTLY HARMLESS. REMEMBER, IT IS PLEASANT TO TAKE. Does not cramp or grip. All those who have tried LAX-TONE know that it does not go off with a fizz, and then all over, but goes slowly and gives you time to enjoy it.

On Sale at All Druggists. Also on Draught at Soda Fountains and First-Class Restaurants. F. A. Tschiffely, Jr., and Messrs. E. S. Leadbeater & Sons of Alexandria, Va., Wholesale Distributing Agents for Washington, D. C.

Woodbury's Ice Creams

Are even finer than those of our previous years, and "fads" are more famous for their deliciousness and deliciousness for more than 25 years. We use only the purest and choicest materials. We make dozens of both soft-cream and hard-cream flavors. Send orders at any time. E.P. Creams, etc., delivered on Sunday, in ample time for dinner. Order in advance. C. Woodbury, 426 9th St. Phone 1000. SUCCESSOR TO T. JARVIS.

BLOOD POISON.

Have you Sore Throat, Pimples, Copper-colored Spots, Aches, Old Sores, Itch in Mouth, Hair Falling? Write CHAS. REMEDY CO., 1688 MASON ST., CHICAGO, ILL., for prices of cures. CAPITAL, \$500,000. Worst cases cured in 15 to 35 days. 10c. per bottle. BOOK FREE.

Great Reduction in Hair Goods.

Switches..... \$2.00—formerly \$3.00. Hair Brushes..... \$1.00—formerly \$1.50. Gray Switches..... \$2.00—formerly \$3.00. First-class attendants in Hairdressing, Shampooing, etc. Hair Dressing and Bleaching a specialty. Imperial Hair Regenerator for restoring gray hair. Natural color, \$1.25.

S. HELLER'S, 727 Seventh St. N.W.

The Bailey \$1.00 Saw, Warranted.

Poultry Netting, ALL WITHIN, ALL MEASURES, STANDARD MESH. 43c. 100 Square Feet.

JOSIAH R. BAILEY, Hardware and Cutlery, Eight-Twenty Seventh St. ap18-21d

ECONOMY IN FOOD

Valuable Results of Some Recent Investigations.

TOO MUCH IS SPENT ON THE TABLE

The Average Family Does Not Get Its Money's Worth.

WHEREIN WE ARE WASTEFUL

Do we eat the right kind of food? Do we eat too much or too little? Could we obtain the same amount of nutrition for less than we pay at present? Is our diet properly varied for muscular and mental activity?

Five years ago the United States Congress made an appropriation to answer these questions. By so doing it continued an investigation of the utmost scientific and practical importance. The work which was begun privately several years before has been under the direction of Prof. W. O. Atwater of Wesleyan College, Middletown, Conn.

Several important aspects in the matter of diet are covered by this investigation. First and foremost of those having it in hand, is the scientific aspect. Though the results achieved have throughout the greatest practical value, all is done in the interest of science pure and simple, and in thoroughly scientific fashion.

Next is the relation which food bears to physical well-being. Too much food is injurious, so is too little, and so is the diet in which the sustaining elements are not present in the correct proportions. Sir Henry Thompson, the noted English physician, says:

"I have come to the conclusion that more mischief in the form of actual disease, of impaired vigor, and of shortened life accrues to civilized man from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be."

Lastly, the investigation touches directly upon the vital question of individual economy. Half the income of the workingman who earns \$2.00 a week goes for food. If the income is less the proportion spent for food becomes larger, and it is likely to maintain about the same ratio as the income grows.

The present inquiry is likely to aid in the solution of this question by showing how the ordinary diet of ordinary people may be made more economical. The most economical food, of course, is that which furnishes the most nutriment for the least cost.

In order to approach this subject intelligently it was necessary to obtain a standard of nutriment in other words, to ascertain what proportions of various food elements are necessary to sustain life. To determine this standard Prof. Atwater devised a special apparatus which he calls a respiration calorimeter.

This is simply a big box large enough to accommodate a man without discomfort. The box is airtight, yet so arranged as to be completely ventilated. No heat or sound penetrates the walls. When the subject of the experiment enters it he is in a little world of his own. All the food and air that go to him are measured and analyzed. The waste products are carefully weighed, even to the moisture absorbed by his clothing. Special appliances are used to record the amount of energy imparted by his food, either in the form of muscular activity or heat.

It has been found, by years of observation, both here and abroad, that a man engaged in moderate muscular work requires per day twenty-eight hundredths of a pound of protein, twenty-eight hundredths of a pound of fats and sixty-six hundredths of a pound of carbohydrates. These amounts, if taken together, represent a fuel value of 3,500 calories. A man engaged in ordinary house duties requires about seven-tenths of this amount; a child about four-tenths of it. For a man whose occupation requires less physical exertion the amount of food necessary is one to two-tenths less.

Protein, it may be explained, is the brain, blood and muscle building element of food. It forms a large proportion of lean meats, cheese and wheat flour. The fats, pork, butter, etc., produce fatty tissue and serve as fuel. The carbohydrates are the starch and sweet constituents in which the cereal foods and sugar are especially rich. In the body they are transformed into fats, and serve as fuel. The accompanying chart shows the relative proportion of these elements in various foods, and the ordinary diet as well as the fuel value of each.

Value of Various Foods. Sugar, for example, consists almost entirely of carbohydrates, while pork is nearly as rich in fats. Butter contains hardly any protein, but cheese is rich in that element. The foods that contain the greatest proportion of fats represent the highest fuel value.

Certain foods, such as oysters, fish and meats, include a large proportion of refuse, while there is very little waste material in the cereals. All these matters are to be taken into account in computing an economical diet.

No one kind of food affords a perfect diet. Bread and milk and some others contain all the necessary materials, but in the right proportion. To obtain the correct amount of nitrogen and carbon from wheat or cornmeal or potatoes requires too great consumption of carbohydrates. The injunction to live "not by bread alone" is physiologically sound.

The proper proportions of the food elements may be obtained by various combinations. The selection then becomes a matter of individual taste or of cost. A quart of milk, three-quarters of a pound of lean steak and five ounces of wheat flour contain about the same amounts of nutritive material, but we pay different prices for them and they have different values.

THE TORCH TO POWDER. Touch a lighted torch to the contents of a powder mill and up it goes! But it isn't the torch that blows up the mill; it's the powder. The stuff is already ready to explode. It only needs one touch of fire to start it.

When a man's blood is full of poisons, it is ready for disease and it only needs a little touch to start him going. Maybe he gets a slight cold, gets wet feet or sits in a draft; then off he goes into a galloping consumption.

But it isn't the draft that does it; that only starts him. His blood was already ready for it in the first place. It was thick with poisons, clogged with germs of disease all ready to be roused into fatal activity at the least touch.

"My wife had a severe attack of pleurisy and lung trouble," says Abram Frer, Esq., of Rockbridge, Greene Co., Ill., in a kind letter to Dr. R. V. Pierce, of Buffalo, N. Y. "The doctors gave her up to die. She commenced taking Dr. Pierce's Golden Medical Discovery and she got it to improve from the first dose. By the time she had taken eight or ten bottles she was cured. I think the Golden Medical Discovery is the best medicine in the world for lung trouble."

Not only for lung trouble is it the most wonderful medicine in the world, but for every form of weakness and debility. It redeems the very sources of life from these subtle poisonous taints which lay the system open to dangerous disease. It gives digestive power, helps the liver to do its work; enriches the blood, builds up solid strength and vital force.

When you find yourself losing flesh and appetite; growing listless by day and sleepless by night there is an enemy lurking ready to apply the torch. Write to Dr. Pierce. Your letter will be considered strictly confidential and he makes no charge for advice. His great thousand-page book, "The People's Common Sense Medical Adviser," will be sent free paper-bound for the bare cost of mailing. At one cent stamps, or cloth-bound for 31 cents. Address Dr. R. V. Pierce, Buffalo, N. Y.

Duffy's Pure Malt Whiskey.

A MEDICINE-A STIMULANT THE ONLY MEDICINAL WHISKEY



enrment as a medicine.

DUFFY MALT WHISKEY CO., ROCHESTER, N. Y.

In the months of cold and pneumonia the wise man keeps a bottle of

Duffy's Pure Malt Whiskey

When taken according to directions it diffuses warmth and a sense of well-being throughout the body, relieving the chest from soreness, and restoring the throat to its normal condition.

It is the only whiskey recognized by the Government as a medicine. By all means try it.

for nutriment. A man might live on beef, but it would be a very one-sided and imperfect diet. Milk is much more a perfect food; but milk, though it suffices for certain periods of human existence, would fall as the staple food of a lifetime.

Pork and Beans. Experience has taught us, and the experiments of Prof. Atwater have proved, the practical value of certain food combinations. Bread and meat go well together. The Scotchman's oatmeal and herring, both rich in protein, in connection with his coarse flour and potatoes supply the needed elements in something like a right proportion. Pork and beans balance each other well, because the former is rich and fat, while the latter consists entirely of protein and carbohydrates.

In certain sections of the country, among the rural population, a staple supper dish is cornmeal mush and milk. The corn is much more a perfect food than the best proportioned and most economical foods it is possible to find. It is eaten because it is cheap, but it is well to know that it is also good.

While experience has been an accurate guide in causing us to adopt certain dishes, it has misled us in regard to others. For example, the hog and hominy diet, so general among the poorer classes of the south and southwest is ill-balanced and deficient in strengthening power. It contains too little protein and too much fat. Potatoes offer the opposite objection. In endeavoring to learn how nearly the diet of people throughout the country conforms to the standard required, Prof. Atwater and his associates have applied results of the calorimeter experiments in the observatory actual conditions. The government experiment stations and scientific institutions in different parts of the country have contributed to the work by making observations in their own sections.

Studied the Diet of the Poor. In New York a large number of dietary studies were made in the crowded tenement districts, with the aid of the Catholic Mission, and in Chicago a similar work was carried on in conjunction with Hull House. Other studies were made in Maine, Tennessee, New Jersey, Minnesota, Missouri and other states. Food chemists visited the houses, weighed the food purchased for the week, and analyzed the samples of it for analysis. This branch of the work is by no means completed, but while experience has been a safe guide in regard to certain food combinations, there are cases in which it has misled us.

In the future Professor Atwater and his assistants expect great things from their new experiments with the respiration calorimeter, especially as these are to be supplemented by wide and close observation of actual conditions. For example, it was found that most people eat too much. Food that is taken into the body in excess of its natural requirements is not merely thrown away. It is waste, and it is wasted, because it works a positive injury to the health.

In the second place, the prevailing diet among nearly all classes is one-sided. The error is not always in one direction, but in general it may be said that the food has relatively too little protein and too much fat, starch and sugar. This is due partly to our excessive consumption of sugar, which is greater than that of any other nation, and partly to the use of too large quantities of fat meats. In the European dietaries that have been studied, the quantities of fat range from one to five ounces per day. In America the range is from four to sixteen ounces.

The quantities of carbohydrates (starch and sugar) in the European dietaries range from nine to twenty-four ounces, while in the corresponding American dietaries they range from sixteen to twenty-four to thirty ounces. The excess of so much of the fat meat at the markets, and on our plates, is not mere wastefulness; it is nature's protest against a one-sided and excessive diet.

Pay Too Much for Food. The third mistake commonly found in the selection of our daily food is that it is not economical. This error is most marked among the poor classes of the great cities, where it should be least. Over and over again it was found in the course of the studies that poor people buy high-priced meats, which they cannot afford. They could obtain an equal amount of nutritive materials for about half the money if they would buy the cheaper cuts, which are quite as nutritious, and can be made as palatable and more enjoyable.

This subject has been investigated in the east end of London. It was found there, as in the American cities, that the poorest people buy the most expensive meats. They buy the cheap fresh vegetables and cereals which they could easily secure.

In order to correct this popular fallacy the London society which has conducted the investigation has issued thousands of pamphlets setting forth the advantages of a more general vegetable diet. These tracts are distributed free throughout the poorer districts, and have led many to substitute vegetables and cereals, in part at least, for the extravagant and unwholesome meat which alone they can purchase.

Twenty-Five Cents' Worth of Food. Prof. Atwater says on this subject: "There is no doubt that a certain amount of money will buy more nutritive materials in the form of vegetables than in animal foods. A quarter of a dollar invested in the shroin of beef at 22 cents per pound pays for one-sixth of a pound of protein and one-fifth of a pound of fat, and supplies 1,120 calories of energy. The same amount paid for oysters at 50 cents a quart brings two ounces of animal nutrients, an ounce of protein and 220 calories of energy. In buying wheat flour at 21 cents per barrel, the 25 cents pays for six and a quarter pounds of nutrients, with eight-tenths of a pound of protein and 11,750 calories of energy."

"On the face of it the wheat flour is by all odds the cheapest food, while oysters are decidedly expensive and unwholesome. In the accompanying chart is shown the amounts of actual nutritive ingredients obtained in different foods for twenty-five cents. A brief comparison will show what foods are economical and what are not."

"There is another factor that comes into play in the selection of our food. The palate is a factor that is not to be neglected. In ways that vegetable foods do not afford the former, and will compete with one another for the same amount of nutritive animal foods are more easily and completely digested than the vegetable. There is doubtless good ground for paying somewhat to secure them. In general the nutritive material in animal foods of good quality. The error to which Americans are particularly prone in eating too much meat and too few vegetables, and in buying the most expensive kinds of meat when they could secure equally nutritive kinds much more cheaply."

Diet of a Coal Laborer. In the investigations that have been made the diet of affairs has been found repeatedly. Lee Meriwether mentions the case of a coal laborer, who boasted: "No one can say that I do not give my family the best of food, the finest sugar, and the very best quality of meat."

"He paid \$10 a year for the nicest cuts of meat, which his wife had to cook before 6 in the morning or after half-past 6 in the night, because he worked all day in a factory. When excellent butter was selling at twenty-five cents a pound he paid twenty-

nine cents for an extra quality. He spent only \$108 a year for clothing for his family of nine, and only \$72 a year for rent in a close tenement, where they slept in rooms without windows or closets. He indulged in this extravagance of food when his home was in the city, and he was a regular found on the tables of men of wealth, would have been just as nutritious, just as wholesome in every way, and just as good except in its gratification of pride and palate. He was committing an immense economic blunder. Like thousands of others, he did so without understanding that it was a blunder."

Due to Ignorance. "Just here is a great difficulty. The lack of information regarding the nutritive values of foods. Persons who are exceedingly economic in the purchase of clothing and other expenditures do not and in many instances cannot practice the same economy at the markets. They frequently pay from \$1 to \$2 per pound for the protein of the meat and other family foods are used, when they might be obtained in forms equally wholesome and nutritious for from 15 to 50 cents per pound. The difficulty is that in comparing different food materials with respect to their cheapness or dearthness, we are apt to judge them by the prices per pound, quart or bushel, without much regard to the amount of actual nutritive material they contain. We endeavor to make our diet suit our palates by paying high prices in the market, rather than by the skillful cooking and tasteful serving of food. We buy more than we need, and what makes the matter worse, it is frequently those who need most to save that are the most wasteful."

"The remedy for the evil must be sought in two ways—in an understanding of the elementary facts in regard to food and nutrition and the acceptance of the doctrine that economy is not only respectable, but honorable."

RANGERS TO DISHONOR. State Institution About to Be Legislated Out of Existence. From the New York Times.

"We are going to lose what has always been to me the most characteristic of the men of Texas if a bit of legislation now pending manages to pass," said Frank R. Lamar of Austin, in that state. "The proposition is up to do away with the Texas state rangers. They are a body of men and ready fellows, who were a cross between the cowboy, the policeman and the tough man of the plains. At one time there was a bunch of these fellows who liked the rough and careless lives they had to lead. They were the most irregular of regulars, but they were a very efficient police force for the state, and they have a record of very many good deeds performed in the line of duty, as well as one of some pretty rough fun."

"They came into being just after the war as a sort of mounted police for our frontier, to guard the then sparsely settled country from the 'grazers' who came over from Mexico to steal cattle or smuggle goods from one country to the other. They hated grazers, Indians and cowboys, and as his satanic majesty is said to hate half-breed men and would rather kill one than eat a square meal or kill a rattlesnake, they had a sort of uniform, but the principal feature of it was the saddle of their horses, and whenever one had made a good bit of money it was a sign that he was a ranger. They carried a lasso and a blanket when he was on duty. These ponies were the tough little bronchos of the plains, and they could ride like the devil, shoot to kill, riding or standing, and endure any hardship. They feared neither God, man nor devil, as has been well said of them, and each had a lot of notches in the butt of either his carbine or his revolver, generally in both, as proof of the individuals they had killed in the line of duty, each notch indicating a life taken. It was generally the life of a man whom the community could well spare. They thus marked the passage to their last account of horse thieves, smugglers, Indians or bad men, who were the worst, as they were the most cowardly and treacherous of the whole bunch."

"Of late years the rangers have rather lost caste, and they have dwindled down to about fifty in all, drawing pay from the state. The country has become so generally settled and the frontier element so well subdued that there seems now no longer any place for them in the police scheme of the state. I am not the only one of Texas, that is sorry to see the rangers go, even though they have of late lived rather in the imagination of the people than in fact, they were so thoroughly feared by thieves and ruffians that their return from frontier troubles, and perhaps the old-time thievery and smuggling. But I suppose the state officers and legislators know best about the matter, and we will have to accept their decision whether or no. But one thing I do know, and that is that the women who have to live on the ranches will regret the passing of the rangers. They rarely find any use for them, but when there was any trouble, and the ranchers were around, the women folks knew they were safe. Any woman owes her life to the timely arrival at the ranch of one or more of these members of our frontier police. They've been mighty good friends to the Texans, but they have outlived their day in helping along the scheme of civilization. I suppose they must go. They will be mightily missed by the old settlers of the state, those men who added to develop the big ranches, some of which are bigger than the states up east here."

A Catamaran. From the Kansas City Star.

Having read to her pupils a description of the sinking of the Merrimack, the teacher some days later asked her pupils what the word "catamaran" then used meant. These are some of the answers:

A catamaran is a mounting lion. The catamaran is a savage officer in the French army.

A catamaran carries clubs in a golf game. A catamaran is the place in Chicago where the cat show was held.

The catamaran was a convention hall. The catamaran is the proper name for a catboat and war ram together, like the Catalina.

Hobson obtained a catamaran from the Spanish officers, which was all he had to eat.

First Cook (reading).—Wanted, to go to Connecticut, a first-class cook. Good wages.

Second Cook.—Niver on yer life. Sure isn't that where they make alarm clocks?—The Jewellers' Weekly.

DRINK GRAIN-O. After you have concluded that you ought not to drink coffee, it is not a medicine, but doctors order it, because it is healthy, invigorating and appetizing. It is made from pure grains and has a pleasant taste, and it is as good as a glass of coffee and costs about as much. It is a grain like it and thrives on it because it is a grain. Ask your grocer for Grain-O, the new food drink. 15c and 25c.



"Have you eaten Grandma's Bread today?"

W. BERENS & SONS' Grandma's Bread. —Has taken the city by storm.

HITHERTO little attention had been given to the quality of bread consumed. The grocer sold you a loaf of bread haphazard—you merely asked for bread, and bread you got. No identity of its purity was apparent.

the consumers are having their eyes opened. They realize that BREAD can be POSITIVELY BREAD—in its entirety of excellence. Quality that is assured—purity that is guaranteed. A perfect baking of perfect ingredients—best flour predominating.

JUST a word in your ear. IF YOU HAVE NOT YET EATEN

GRANDMA'S BREAD

You are missing the BEST BREAD EXCELLENCE KNOWN.

See that your grocer gives you GRANDMA'S BREAD—a facsimile of the label upon each loaf surrounds this advertisement.

THE PRIZE LIST of one hundred successful contestants in "GRANDMA'S BREAD ENIGMA" will be published in Saturday's Star and Sunday's Times and Post of April 23.

W. Berens & Sons, 622 E St. N.W. 927 Pa. Avenue. 'Phone 1169.



MERTZ and MERTZ, Woolen Merchants and Tailors, 906 and 908 F Street.

will have to have a Blue Serge Suit—no man should be without this very necessary adjunct to his summer wardrobe. The material we offer is genuine Royal Blue Serge—our own special make, which for the past two seasons has been so much worn and so much talked about.

It has lost none of its goodness—it is still the most durable and satisfactory suit for warm weather—has no higher price than..... \$10. Our Mertz liberal plan of sure fit, or your money back, is your protection.

NEEDED NEEDS For Summer!

AWNINGS, SCREENS, LAWN COVERS, MATTINGS. Summer is approaching with all its joys and pleasures. Are you ready to meet the demand for Awnings, Screens, Lawn Covers and Matting? We have the most needed in the house to resist the heat and give you the big cut in price. We will be glad to do this upon request.

Matting, 7c. 11c. & 14c. The Houghton Co., 1214 F St. ap18-20d

Wyoming Coal

Is the most economical coal to be secured. No dust, dirt, slate or clinkers. For prices for your next winter's supply, apply to

Wm. J. Zeh, SOLE AGENT, 717 11TH ST. N.W. ap18-18d

"Smart" Creations in MILLINERY!

"Smart" Hats, trimmed by "smart" milliners for "smart" dressers. Lovely, fully tailored, trimmed, country. The "Trimmed Hats, and all the Trim-mings which make the hat a success. "Nobby" shapes in Ladies' Straw Salons.

Mrs. C. Stiebel, 1113 G. ap17-m, w, f, 20

BAD SKIN

Becomes good skin by using BRIGHT. WELLS' COMPLEXION CREAM. It cures redness and blotches. Makes the skin soft and clear. Gives a beautiful complexion to every woman who uses it faithfully. 25c. jar. Evans' Drug Store, Wholesale and Retail, 938 F St. Conn. Ave. and 8th St. and 1425 Md. Ave. N.E. ap19-16d

Costar's Dog Wash and Flea Killer. "Kills fleas instantly, cures itch or mange, leaves skin sweet and clean. 25c. All druggists." ap20-3m

Rhodes, Walker & Burke, 1013, 1015 7TH STREET. ap23-3m, 20 SCROFULA, BLOOD POISON, CANCER, ECZEMA, and all other disorders of the blood permanently cured and all taint eliminated from the system. S. S. S., the greatest purifier, suit-w, m, y